



Notes from Northview

May 10-16, 2020



301 E. Talmage St ▪ 837-5808

NVC@springfieldmo.gov ▪ ParkBoard.org/Northview ▪ Facebook: Northview Center

Hours: Mon.- Fri. 8:30 a.m.-4:30 p.m.

Note from the Northview Staff,

Greetings! Phase 1 of the reopening of the state will begin May 4. While I am sure everyone is excited to get back our "normal" lives, please remember to take precautions during this time. Seniors are considered high risk. Northview will not be opening Monday, May 4. We want to keep our seniors safe, happy, and healthy.

We will abide by the Centers for Disease Control (CDC) and health department guidelines, as well as our Parks department for the best protocol for opening. Stay tuned!

Weekly flyers will be on the Park Board website and emailed, (if we have your email address) to help provide the most accurate information. As you know, things are changing daily. Please call Northview if you have any questions.

Check out ParkBoard.org/Northview for updated information about Northview Center's operation.

SeniorAge News

SeniorAge is hoping to reschedule foot clinic appointments when operations resumes.

If you need to schedule frozen meals for pickup or delivery call 864-8606.

SeniorAge needs assistance delivering meals. Call 864-8606 if you are able to assist.

Shout out!

Let's give a big shout out to the Attorney General's volunteer group of Springfield. If you have been receiving lunches from SeniorAge, then you should have received a small gift, or card from the Attorney General's Office. Their volunteer group reached out asking how they could help Northview. We hope this gift has brought a bright spot into your day.

thank you!

Advisory Council 2020-2021

Advisory Council Members are volunteers who assist and advise Northview Center staff regarding programs and special events. If you are interested in serving on the council, please call into Northview to complete the letter of intent over the phone. *Letters must be submitted by 4:30 p.m. on Friday, May 29. (This can be done by email)*

Elections and annual meeting originally scheduled for early June. More details will be forthcoming.

Fun things to celebrate at home:

Mother's Day

Sun., May 10

A day of celebration honoring the mothers, step-mothers, Mother-in-laws and those who stepped up to the motherhood role in someone's life. Thank you for being there!



National Eat What You Want Day

Mon., May 11

If you could eat anything today, what would it be? Can you make it? Can you have it delivered? Today is the day to indulge! Enjoy!

National Receptionist Day

Wed., May 13

Do you have a favorite receptionist? This person always makes you feel welcomed, call and let them know how much you appreciate them. Call Northview and tell Stacey how great she is doing!

Word Scramble

- iotwhrvne _____
- uhinessn _____
- amy leorfw _____
- rdeinfs _____
- mthseor ayd _____

"Do what you can, with what you have, where you are." – Theodore Roosevelt

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Take a Walk	List 3 things that you are grateful for today!	Call a friend or a family member!	Name all 50 States! NO CHEATING!	Stimulate your mind! Complete one crossword, word search, Sudoku or other puzzle
Listen to music that makes you happy!	Write about A positive & memorable time in your life	How many words can you come up with using the letters from: CORONA VIRUS	Mail a friend or family member a letter	Play a Card Game!
Make something creative (Cooking, drawing, craft, etc...)	Pay it forward! Give someone a compliment		Call Northview Center	Take 3 deep breaths! In through your nose, out through your mouth
Reminisce! Look through old photos	List 3 things you love about Northview!	Drink water	Complete 20 arm circles 20 knee lifts 20 ankle rolls	Get some sun!
Share a fun recipe	Watch your favorite movie	Read a book!	Clean out your junk drawer!	Write down a piece of advice you would give to younger generations.